

*Help Me!* comes from a practicing clinical social work psychotherapist who focuses not just on the usual pitfalls of all kinds of relationships, but how to successfully fix them through attitude adjustment and applied psychotherapy. It offers many solid discussions of resilience, adaptation, how individuals adjust to life's challenges, and the special challenges these transitions bring to partnerships.

Essays are designed to strengthen thinking and problem-solving processes, and discuss the social and psychological issues involved in situations which may afford many insights but few instructions on how to actually apply them to life, for meaningful, lasting change.

Lest these explorations become muddled or challenging (given that there are so many facets to consider), they are arranged in general categories (i.e. Being, Living, Loving and Thriving), with essays on individual concerns incorporating wider relationship implications and case history examples gleaned from the author's practice.

Plenty of psychology self-help guides provide analysis and case histories, but few offer the specific applications to life that result in clear advice on how to manage or change outcomes: *"If, for any reason, you are someone who finds yourself struggling with receiving compliments like the people in the examples above, perhaps your own quiet reflection might help you understand why. Rather than expressing yourself in a way that challenges or repudiates a well-intentioned other who seems to have nice things to say about you, a simple "thank you" will always do very nicely while you privately attempt to figure out why a compliment or flattery stirred conflict within you in the first place."* This is just one of the facets that sets *Help Me!* apart from similar-sounding self-help psychology titles: an attention to taking the examples beyond analysis and into the choices involved in applying insights to different scenarios.

Also refreshingly different are the cases that caused Richard B. Joelson to consider changing his own approaches: *"It led me to question whether or not I should revise my thinking to include the fact that sometimes and for some people, relief is change and not necessarily something less or less meaningful."*

The result is highly recommended for any psychology or self-help reader who would better understand how meaningful change becomes a part of revised life goals and psyches.

— D. Donovan, Senior Reviewer, *Midwest Book Review*